

# THE KITCHEN CABINET

**I BELIEVE** if we had a larger conception of our possibilities, a larger faith in ourselves, we could accomplish infinitely more. And if we only understood our divinity, we would have larger faith. There is no inferiority about the man that God made. The only inferiority is what we put in ourselves. What God made is perfect. —Marden.

## THE STUFFED ONION.

The onion is one of our most valuable vegetables, and should be often on our tables. We do not tire of the common foods, but we do of the way in which they are served. The following may be suggestive of ways in which they may be served:

**Onions Stuffed With Nuts.**—Boil sufficient even sized onions for the family to serve and when half done drain and remove the centers; chop and mix well with chopped nuts, a little butter, salt and bread crumbs; stuff the centers and put into a baking dish and pour around a little broth or butter and water which is used to taste them while cooking. Serve them as a garnish to a platter of pork chops, or they may be served in the baking dish in which they were baked.

**Onions Stuffed With Beans.**—Take the small sized Spanish onion and boil gently for an hour. Cook two tablespoonfuls of mushrooms chopped fine in a tablespoonful of butter; add salt and pepper. Rub a quarter of a cup of cooked butter beans through a sieve, mix them with the mushrooms and stuff the onions with this mixture. Put them on a baking sheet and brown in a hot oven. Serve on a platter garnished with a few of the beans and mushrooms left whole.

**Onions With Cheese.**—Cook a pint of onions until tender, then place in a buttered baking dish, sprinkle with grated cheese, a salt cup is a generous amount, less will do, and then pour over a rich white sauce made of two tablespoonfuls each of butter and flour cooked together, and a half cup of thin cream added; when smooth and thick add a teaspoonful of salt, a few dashes of red pepper. Bake until the buttered crumbs which are sprinkled over the top are a rich brown.

**Onions With Lentils.**—Wash a quarter of a cup of German lentils and tie them loosely in a piece of muslin. Boil until tender, then rub through a sieve. Remove the onion center and chop fine, after cooking until tender. Mix with the lentils, the onion, pepper, salt, a tablespoonful of catsup and fill the centers. Bake about ten minutes. Serve on a hot platter garnished with lentils and tomato sauce.

Here are some forecasts for all the year. But flavor each with your good cheer, And serve no meal without content. Then shall your year be gladly spent.

## MORE GOOD EATINGS.

Here is a good recipe for a fine date cake: Cream one cup of butter, add one and a half cups of sugar, two eggs, one cupful of sour milk, one cupful of dates chopped fine, two and a fourth cups of flour, one cup of chopped nuts, one teaspoonful of vanilla and a pinch of salt. Bake in a long tin and cover with frosting.

**Bean Bread.**—Soak a quart of navy beans in cold water over night, then parboil with a pinch of soda until the skins roll up. Wash well, cook until soft, season with salt, pepper and a tablespoonful of peanut butter. Mix into them a cup of graham flour and mold into two loaves. Bake slowly until solid. Eat either hot or cold.

**Eggless Prune Cake.**—Take two tablespoonfuls of butter, one cupful of brown sugar, one cup of sour milk, one teaspoonful of soda, one-half teaspoon of cinnamon, one-fourth of a teaspoonful of cloves, and one cupful of chopped prunes. Sift two cups of flour with two teaspoonfuls of baking powder and stir all together until well mixed. Bake in a loaf and cover with boiled frosting.

**Virginia Sweets.**—Cut sweet potatoes in slices, and lay in a baking dish a layer well sprinkled with flour, sugar, salt and bits of butter; add another layer, season and cover the top layer with a generous sprinkling of flour and bits of butter. Cover with boiling water and bake in a medium oven.

**Hot Slaw.**—Shred cabbage very fine and drop into boiling water, cooking for five minutes; drain and season with a tablespoonful of chopped onion, a little hot vinegar and butter, salt and pepper, to be well seasoned. Let stand an hour and serve.

A cold slaw served in Mexico is another nice way of serving cabbage. Shred the vegetable and crisp it in cold water, drain and season with chili sauce, salt, a little horseradish, a dash of Worcestershire and a dash of cayenne.

*Nellie Maxwell.*

**Brotherly Amenities.**  
"We don't have any grass growing on our streets," sneered the New Yorker. "No, I dare say not," replied the Philadelphian. "I suppose your street car horses nibble it off as they browse along."—Lippincott's Magazine.

**Surprised Explorer.**  
An African explorer found a very modern American sewing machine being operated by a woman in a native village in the heart of the dark continent.

# POULTRY

## DRY MASH OF GREAT VALUE

Meat or Green Cut Bone Should Be Kept in Front of Laying Hens at All Times During Winter.

The feeding of dry mash to the laying stock means much toward the increased production of eggs. During the winter months about one-fifth of the entire ration consumed by the hen should consist of meat in some form. If they are expected to do their best, and the feeding of dry mash offers an excellent opportunity to give the meat or green cut bone so that it will be evenly distributed and proportioned to the hen. This form of food should be kept constantly in front of the hens unless you feed wet mash, in which case they should be used on alternate days.

The dry mash should consist of two parts bran, one part middlings, one part meal and one part beef scrap and green cut bone. To this may be added if desired one part ground oats. The mash food should be fed in hoppers specially prepared and not placed in open troughs, as by the latter method the hens will waste almost as much as they will eat. The dry mash food is naturally eaten slowly by the hens and at a time when they have no grain food that can be scratched from the litter.

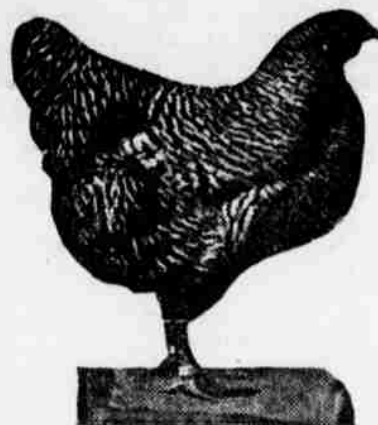
As the dry mash is consumed much more slowly than is the wet all the particles of meat or bone will be best preserved in it and therefore more evenly proportioned than is possible in the wet mash. The slow eating is also of benefit to the hen in many other ways.

## WINTER EGGS ARE DESIRABLE

No Branch of Farming Will Show Quicker Losses Than Poor Feeding and Management of Hens.

With the price of eggs so high it stands us in hand to plan our management so that the flock will do its best. It is surprising what good care and intelligent feeding will do in producing winter eggs and on the other hand no branch of farming will show quicker losses than poor feeding and management of the winter layers.

Winter layers must have a comfortable house, plenty of room, plenty of sunlight and ample ventilation. Too much care cannot be given to providing good ventilation. Cold draughts



Prize-Winning Plymouth Rock.

will check the egg production and prove detrimental to the health of the flock.

With a good, clean and dry house and plenty of egg-making foods we will get eggs. On farms where we can feed a variety of grain foods and a mash, once a day, composed of cut clover or alfalfa, steamed and mixed with bran, corn meal and green cut bone, egg production is a simple matter. Feed a tempting variety of grain foods, green foods and meat foods, keep pure water before them and keep the floors so clean that any part may be used for a scratching floor and you can rest assured that you have done your part toward securing winter eggs.

## SUCCESS IN PIGEON RAISING

Birds Confined in Houses Quickly Contract Consumption and Die—Require Much Space.

Pigeons begin to lay two weeks after mating. They lay two eggs, which hatch in about 18 days.

The old birds stop feeding the young squab when the next pair hatch. Each pair of birds should be provided with two nests.

Pigeons cannot thrive unless they have a place in which to fly. Confined in houses, they will quickly contract consumption and die. Even in the coldest weather they should be allowed to fly outdoors when they please. The breeding season is from March to September, but extra good breeders will produce young ten months in the year.

## Green Feed for Fowls.

Do not forget the green feed. Fowls cannot do their best unless some form of green food is given them at least three times a week. Cabbage, beets or sprouted oats are all good feeds, and should always be on the bill of fare.

## Corn at Night.

For poultry there is no food better adapted for the evening meal than corn. A chicken can be made to feel its warmth and stimulating effect best on a cold night.

**The Man Without Folly.**  
William Dean Howells, apropos of the tercentenary of the birth of La Rochefoucauld, quoted at a dinner in Boston some of the Famous Frenchman's maxims.  
"La Rochefoucauld," said Mr. Howells, "wasn't the sorrowful misanthrope some people think, but a gay and gallant figure. His character was best portrayed, indeed, by one of his own maxims:  
"He who is without folly is not so wise as he thinks."

## SUFFERED FOR 25 YEARS.

Mr. R. M. Fleenor, R. F. D. 39, Otterbein, Ind., writes: "I had been a sufferer from Kidney Trouble for about 25 years. I finally got so bad that I had to quit work, and doctors failed to do me any good. I kept getting worse all the time, and at last turned to inflammation of the Bladder, and I had given up all hope, when one day I received your little booklet advertising your pills, and resolved to try them. I did, and took only two boxes, and I am now sound, and well. I regard my cure as remarkable. I can recommend Dodd's Kidney Pills to any one who is suffering from Kidney Trouble as I was." Write to Mr. Fleenor about this wonderful remedy.

Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

*R. M. Fleenor.*

**Face and Fight Worry.**  
Realize your worries for what they are worth—for what they really are. Face them—stare them in the face. Leave the future to the future, and all your worrying and anxious wondering will not alter it an atom. All you do is to burden yourself with your exaggerated conception of your worry and to carry it with you upon your back into your future. Face it, realize its limits and fight it.

**ECZEMA SPREAD OVER BODY**  
Roxbury, Ohio.—"When my little boy was two weeks old he began breaking out on his cheeks. The eczema began just with pimples and they seemed to itch so badly he would scratch his face and cause a matter to run. Wherever that matter would touch it would cause another pimple until it spread all over his body. It caused disfigurement while it lasted. He had fifteen places on one arm and his head had several. The deepest places on his cheeks were as large as a silver dollar on each side. He was so restless at night we had to put mittens on him to keep him from scratching them with his finger nails. If he got a little too warm at night it seemed to hurt badly.  
"We tried a treatment and he didn't get any better. He had the eczema about three weeks when we began using Cuticura Soap and Ointment. I bathed him at night with the Cuticura Soap and spread the Cuticura Ointment on and the eczema left." (Signed) Mrs. John White, Mar. 19, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

## A Bungler.

Miss Jagers (angling for a compliment)—They say plain girls are always religious. Now, I'm not at all religious.  
Mr. Fortnit (gallantly)—Yes, but there are exceptions to all rules, you know.—Puck.

**Important to Mothers.**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fitch*. In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

**Honeymoon Over.**  
Mrs. Newlywed—Oh, Jack, you haven't eaten half my biscuits. Really, we have to throw away so many scraps, we ought to keep chickens.  
Newlywed—Chickens! You mean ostriches.

**For 75 years Wright's Indian Vegetable Pills have been their own recommendation in conditions of upset stomach, liver and bowels. If you have not tried them, a test now will prove their benefit to you. Send for free sample to 373 Pearl St., New York. Adv.**

**A Scholar.**  
Bacon—Don't you think that man looks like a scholar?  
Egbert—Sure thing. Looks like one who would be at the foot of the class all the time.

**This Will Interest Mothers.**  
Mother Gray's Sweet Powder for Children relieves Feverishness, Headache, Bad Stomach, Teething Disorders, moves and regulates the bowels and destroys worms. They break up Colds in 24 hours. They are so pleasant to take children like them. Used by mothers for 24 years. All Druggists, etc. Sample FREE. Address, A. S. Olmsted, Le Roy, N. Y. Adv.

**Used to Talk.**  
"I can surprise you with a speaking picture of your wife."  
"That wouldn't surprise me."

## MEMBER OF PASTOR'S FLOCK

Benevolent Clergyman Was Right in Assuming That He Knew Youngster He Addressed.

Dr. Milo Hudson Gates, vicar of the Chapel of the Intercession, is a benevolent and fatherly man. He has no children of his own, but is godfather to nearly 80. A few belong to his friends, but the greater number are children who have been presented for baptism with no one to stand sponsor for them. A dozen or more bear Dr. Gates' name.

Not long ago he was walking down Broadway near One Hundred and Fifty-fifth street, and saw a small Italo-American industriously digging in the dirt. Thinking there was something familiar about the youngster's appearance, he patted him on the head and asked: "What's your name, young man?"

The boy looked up from his excavating and replied: "Meelo Hud-so-a Gatus!"—New York Evening Post.

## SWEEPSTAKE UPON SWEEPSTAKE

CANADA ADDING OTHERS TO ITS SERIES OF VICTORIES.

A Manitoba Steer Carries Off Similar Honors to Those Won by a Half-Brother in 1912.

When Glencarnock I., the Aberdeen-Angus steer, owned by Mr. McGregor of Brandon, Manitoba, carried off the sweepstakes at the Chicago Live Stock Show in 1912, it was considered to be a great victory for barley, oats and grass versus corn. So that there might be no doubt of the superiority of barley feeding, Manitoba climate, and judgment in selecting the animal, Mr. McGregor placed in competition in 1913, another Aberdeen-Angus, a half-brother to the animal that won last year, and secured a second victory in the second year. In other classes he had excellent winnings, but the big victory was the sweepstakes for the best steer. This victory proved that Manitoba-grown barley and oats, and prairie hay, had properties better than any contained in corn, which in the past has been looked upon as being superior to other grains in fattening and finishing qualities. Not only this, but Glencarnock's victory proves that the climate of the prairie provinces of western Canada, in combination with rich foods that are possessed by that country, tends to make cattle raising a success at little cost.

Other winnings at the live stock show which placed western Canada in the class of big victories were: Three firsts, seven seconds, and five other prizes in Clydesdales.

The winners, Bryce, Taber, Sutherland, Sinton, Mutch, McLean, Haggerty, Leckie and the University of Saskatchewan are like family names in Saskatchewan. Each one had "the goods" that won honor to himself and combined made a name and record for Saskatchewan.

Look at the recent victories won by western Canada within the past three years.

In February, 1911, Hill & Sons of Lloydminster, Saskatchewan, showed a peck of oats at the National Corn Exposition, held at Columbus, Ohio, and carried off the Colorado silver trophy, valued at \$1,500.

In February, 1913, the same men, father and son, had a similar victory at Columbia, N. C., and should they win in 1914 at Dallas, Texas, they will own the trophy.

In 1911, Seager Wheeler of Rosthern won \$1,000 in gold at the New York Land Show for the best 100 pounds of wheat.

In 1912 at the Dry Farming Congress at Lethbridge, Alberta, Mr. Holmes of Cardston won the \$2,500 Rumley engine for best wheat in the world.

In 1913, at the Dry Farming Congress, held at Tulsa, Okla., Mr. P. Gerlack of Allen, Saskatchewan, carried off the honors and a threshing machine for the best bushel of wheat shown in competition with the world.

In 1913 at the International Dry Farming Congress at Tulsa, Okla., Canada won the majority of the world's honors in individual classes, and seven out of the sixteen sweepstakes, including the grand prize for the best bushel of hard wheat.

The grand prize, a threshing machine, was won by Paul Gerlack for best bushel of hard wheat, which weighed 71 pounds to the bushel, and was of the Marquis variety.

In the district in which the wheat was grown that won this prize, there were thousands of acres this year that would have done as well. Mr. Gerlack is to be congratulated, as well as the province of Saskatchewan, and western Canada as a whole, for the great success that has been achieved in both grain and cattle.

Other prizes at the same place were:

Best peck of barley, Nicholas Tetmiger, Claresholm, Alberta.

Best peck of oats, E. J. Lanigan, Elfrices, Saskatchewan.

Best bushel of flax, John Plews, Carduff, Saskatchewan.

Best sheaf of barley, A. H. Crossman, Kindersley, Saskatchewan.

Best sheaf of flax, R. C. West, Kindersley, Saskatchewan.

Best sheaf of oats, Arthur Perry, Cardston, Alberta.

In district exhibits, Swift Current,

# Weak Women!

Some women are weak because of ills that are common

## In Girlhood—Womanhood and Motherhood

The prescription which Dr. R. V. Pierce uses most successfully—in diseases of women—which has stood the test of nearly half a century—is

## Dr. Pierce's Favorite Prescription

Take this in liquid or tablet form as a tonic and regulator!

Mrs. Kate D. Richardson, of Beasley, Essex Co., Va., says: "I esteem it a pleasure to testify to the wonderful curative qualities of Dr. Pierce's Favorite Prescription. For some years I suffered greatly with weakness peculiar to my sex. I was treated by several physicians but gradually grew worse. One of my friends told me of the good results of your 'Favorite Prescription.' I went to the drug store and got a bottle, and after taking it, with the 'Pleasant Pellets,' I commenced to get better. I never knew what happiness was, for I was always sick and complaining and made others as well as myself unhappy. So you see what a debt I owe you!"

Dr. Pierce's Pleasant Pellets regulate stomach, liver, bowels

## COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in some stable, no matter how exposed. Kept from being the disease by using SLOAN'S LIQUID DISTEMPER. Give one bottle to each horse in the stable, and the blood and excrement of all horses of distemper, best remedy ever known for horses in food. One bottle given to each horse in the stable, and the blood and excrement of all horses of distemper, best remedy ever known for horses in food. One bottle given to each horse in the stable, and the blood and excrement of all horses of distemper, best remedy ever known for horses in food.

SPOHN MEDICAL CO., Chemists and Electrolytic, Cochen, Ind., U. S. A.

# Lumbago-Sciatica Sprains

"The directions says, its good for lumbago too,—Sloan's cured my rheumatism; I've used it and I know." Do you use Sloan's?

**Here's Proof.**  
"I had my back hurt in the Boer War and two years ago I was hit by a street car. I tried all kinds of dope without success. I saw your Liniment in a drug store and got a bottle to try. The first application caused instant relief, and now except for a little stiffness, I am almost well."—Fletcher Norman, 1151 Sutter, Calif.

**Instant Relief from Sciatica**  
"I was kept in bed with sciatica since the first of February, but I had almost instant relief when I tried your Liniment."—W. J. Bowdoin, Frankfort, Ky.

**Sprained Ankle**  
"As a user of your Liniment for the last 15 years, I can say it is one of the best on the market. Fifteen years ago I sprained my ankle and had to use crutches, and the doctors said I would always be lame. A friend advised me to try your Liniment and after using it night and morning for three months I could walk without a cane and run as good as any of the other fellows in my department. I have never been without a bottle since that time."—Mr. William H. Brown, Central Islip, N. Y.

# SLOAN'S LINIMENT

At all Dealers. Price 25c., 50c. and \$1.00  
Sloan's Instructive Book on horses, cattle, poultry and hogs, sent free.  
Address, DR. EARL S. SLOAN, Inc., BOSTON, MASS.

Saskatchewan, won the Board of Trade Award, with Maple Creek second.

Other exhibitors and winners were: Red Fife spring wheat, E. A. Fredrick, Maple Creek.

Other variety of hard spring wheat, S. Englehart, Abernethy, Sask.

Black oats, Alex. Wooley, Horton, Alta.

Western rye grass, W. S. Creighton, Stalwart, Sask.

Sheaf of Red Fife wheat, R. H. Carter, Fort Qu'Appelle, Sask.

Sheaf of Marquis wheat, C. N. Carney, Dysart, Sask.

Oats, any other variety, Wm. S. Simpson, Pambrun, Sask.

Two-rowed barley, R. H. Carter, Fort Qu'Appelle, Sask.

Six-rowed barley, R. H. Carter, Fort Qu'Appelle, Sask.

Western rye grass, Arthur Perry, Cardston, Alta.

Alsike clover, Seager Wheeler, Rosthern, Sask.—Advertisement.

**Wet Paint.**  
"She has a very fresh complexion."  
"Yes, all that is lacking is the sign that they usually hang on such things."

It is human nature to want the biggest half—just as if there was such a thing.

## Uric Acid Is Slow Poison

Excess uric acid left in the blood by weak kidneys, causes more diseases than any other poison.

Among its effects are backache, headache, dizziness, irritability, nervousness, drowsiness, "blues," rheumatic attacks and urinary disorders. Later effects are dropsy, gravel or heart disease.

If you would avoid uric acid troubles, keep your kidneys healthy. To stimulate and strengthen weak kidneys, use Doan's Kidney Pills—the best recommended special kidney remedy.

**A Wisconsin Case**  
Mrs. Jane Smith, of Clay St., Madison, Wis., says: "I could hardly get out of bed. My back ached, my body bloated, my ankles were swollen. I lost a pound in weight. Doctors don't know what ailed me and couldn't help me. Finally, I took Doan's Kidney Pills and they cured me. All the swellings disappeared. Doan's Kidney Pills saved my life."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

# Tutt's Pills

The dyspeptic, the debilitated, whether from excess of work of mind or body, drink or exposure in

**MALARIAL REGIONS,** will find Tutt's Pills the most genial restorative ever offered the suffering invalid.

## TILTING TABLE FRAME COMPLETE WITH SAW

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24 inch	\$3.90
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## MANDRELS, \$3.00 AND UP

## POND ICE SAWS

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If you feel "out of sorts" "run down" "not the usual sufferer from indigestion, nervousness, dizziness, weakness, drowsiness, "blues," rheumatic attacks and urinary disorders. Later effects are dropsy, gravel or heart disease.

## THERAPION

Doan's Kidney Pills are the best recommended special kidney remedy.

**We Pay \$80 a Month Salary** and furnish rig and all expenses to introduce our guaranteed poultry and stock powers. Address: Higher Company, 3092, Springfield, Illinois.

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of this paper desire to have anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

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**S. C. W. LEIGHORNS** over 80 per cent quality seed. 120, LAKEWOOD, ILL.

# You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, \$1.00, retail.